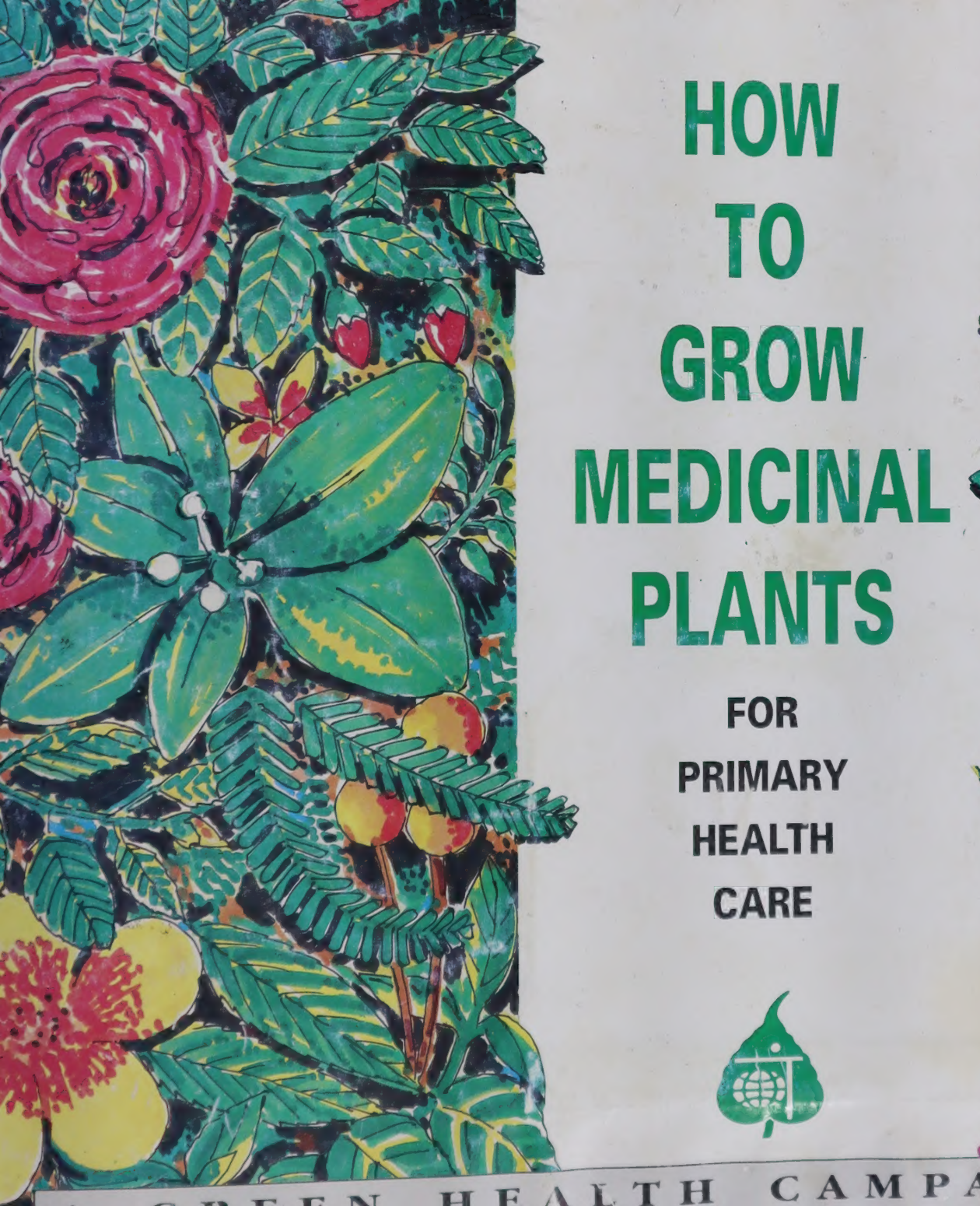

HOW TO GROW MEDICINAL PLANTS

FOR PRIMARY HEALTH CARE

GREEN HEALTH CAMPAIGN SERIES

Community Health Cell
Library and Documentation Unit
BANGALORE

03621

C.o.n.t.e.n.t.s

Introduction	P 1-4
How to Grow Medicinal Plants	P 7-17
References	P 18
Appendix	
MPCA/MPCP Nurseries	P 19-22

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COMMUNITY HEALTH CELL
LIBRARY
AND
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UNIT
BANGALORE.

3621
DRHS

INDIA - 2050:

THE HEALTHIEST COUNTRY IN THE WORLD

India has a very old and rich tradition of folk medicine. For centuries it has provided very simple but effective remedies to various ailments using herbs, plants, roots etc. which were available in village backyards or in nearby forests. Medicinal plants and trees have a prominent place in our mythology and religion and have been cultivated by villagers with great reverence.

Today, however, many of these traditional medical practices have faded out along with much of the forests themselves. Modern medical services, especially in the villages, have failed to provide adequate and effective health care for the community due to the high cost of medicines, shortage of doctors and overcrowding of hospitals. The side effects from drugs to treat even minor disorders have also become an increasingly serious problem.

The only way to make rural primary health care services effective is to revive and promote traditional health practices based on the use of medicinal plants. Commonly used medicinal plants can easily be raised in nurseries and distributed among the public with guidelines on how to use them for treating common ailments. Thus, a network of nurseries which are familiar with the propagation techniques of medicinal plants and well-stocked with these plants, will be a strong foundation for starting a popular movement for reviving local health traditions.

The Foundation for Revitalisation of Local Health Traditions' (FRLHT's), "Green Health" campaign aims to spearhead such a movement. If public attention can be refocused on medicinal plants and public opinion be one of enthusiastic support for the need to grow and use medicinal plants, the Green Health program can ensure a low-cost and culturally-familiar health care system for India's millions. If it succeeds, India could conceivably become one of the healthiest nations in the world by the year 2050.

THE GREEN HEALTH CAMPAIGN

The Green Health initiative is to promote the use of medicinal plants by householders through nurseries that can grow and sell a medicinal plants package designed for primary health care. FRLHT has carefully

selected a number of plants for treating common ailments like fever, headache, dysentery, and stomach problems. The package also includes plants for preventive and promotive health care.

The participation of nurseries is essential for the Green Health Campaign to succeed. Citizens will be encouraged to obtain seedlings from nearby nurseries and plant them in their backyard, fields or even in pots; housewives will be asked to collect their seeds and saplings to grow in their homes and gardens, and nurseries well-stocked with a supply of medicinal plants in strategic places will be essential to meet demand.

HOW FRLHT CAN HELP YOU

You can purchase any of FRLHT's well-illustrated booklets (Green Health Campaign Bulletin Series) on User's Guide to Medicinal Plants, Neem: Free No More, and this booklet on How to Grow Medicinal Plants for Primary Health Care. These booklets are available in Kannada, Tamil, Malayalam and English. Other scientific, botanical and educational and related material on the Green Health campaign will be periodically released by FRLHT.

In theAppendix to this manual you will find a list of Medicinal Plants Conservation Areas (MPCA) and Medicinal Plant Conservation Parks (MPCP), nurseries and contact persons whom you can write to for information on how to get planting materials for medicinal plants.

You can also become a member of the Green Health Nursery Network. This involves an admission fee and an eligibility to use the FRLHT logo on your nursery premises. For the application form or the booklets please send us a letter along with a self-addressed, stamped envelope and, most importantly, a note about your nursery.

FRLHT can also organise publicity for Green Health through the mass media so that people will know that your nursery is part of the network that is supplying a self-help package of medicinal plants to rural communities and others.

As manager/owner of a nursery, you can play a key role in the Green Health program. Nurseries that grow these crucial plants really hold the power of life in their hands. They will also become an integral link between biodiversity conservation and the revival of India's mighty medical heritage.

HOW THIS MANUAL CAN HELP YOU

This manual describes how you can raise seedlings of these selected species of medicinal plants in your nursery.

FRLHT's research team has identified some of the most commonly used species of medicinal plants used in Karnataka, Kerala and Tamil Nadu. These species

have been short-listed out of an original list of 200, based on their common occurrence, ease of propagation, use of one or several plants for a number of ailments and popular use of some of them as hedge, vegetable or ornamental plants. The techniques of propagation varies from species to species. These are described in the section `How to Grow Medicinal Plants'.

NURSERY AND PLANTING GUIDELINES

1) Nursery Requirement

It is presumed that the user is familiar with basic techniques of nursery management. The following points need to be given special attention:

a) Availability of water :

Adequate water should be available, especially in the dry season. The plants will need to be watered 3 times a day in the dry months and once daily during the remaining period. Always use a fine sprayer for watering . Excess watering should be avoided.

b) Nursery beds :

The beds must be made of well-broken and well-drained soil. The raised beds must be a foot (30 cms) in height with the top dressed with a layer of fine soil. Sunken beds should be 6 inches (15 cms) deep.

c) Polybags :

The polybags should be 22.5 cm x 10 cm in size (150 gauge), and should be gussetted (holes punched near the bottom for draining of water). The potting mixture should be made of 20% sand, 10% well-decomposed farmyard manure and the rest with well-weathered soil. Vermiculturally treated (vermiculate) soil is preferable, particularly for raising seedlings from cuttings.

The polybags should be stacked after spreading a plastic sheet on the ground to avoid roots penetrating into it.

Partial shade during the hot season is very essential. The seedlings should be weeded frequently by hand while the weeds are young.

d) Only succulent, semi-hard shoot cuttings of pencil size diameter should be used for planting. The shoots should be cut with sharp secateurs which should be sterilised before use. The cut shoots should be immediately put in covered buckets half-filled with water and planted within 12 hours.

2) Planting Site Conditions

For all planting sites, certain basic conditions should be fulfilled. Water should be available at site for watering the plants once a week during the dry season. Frequent weedings immediately after planting should be done around each plant. Soil around the plant should be loosened before the dry season commences. Dead plants should be replaced with new nursery stock. A close watch should be kept against damage by insects like white ants. Waterlogging of the site should also be avoided.

The site requirement for planting of different species varies. A table showing the site conditions required for different groups of species is given here.

SPECIFICATIONS OF PLANTING SITE

Sl.No.	Species	Site Conditions Preferred
1.	*Azadirachta indica*	Shady and moist places. Avoid dry conditions and exposure.
2.	*Justicia adhatoda*	Hedge, partial shade.
3.	*Embelia ribes*	Hedge, partially open space.
4.	*Hibiscus rosa-sinensis*	Almost all habitats.
5.	*Holarrhena pubescens*	Open places with sandy or well-drained soil. Avoid excess water.
6.	*Lawsonia inermis*	Open places, even in poor soil.
7.	*Leptadenia reticulata*	Slightly gravelly soil.
8.	*Punica granatum*	Open places, red to black, well-drained soil.
9.	*Withania somnifera*	Red or loamy soil. Partial shade.
10.	*Aloe barbadensis*	Bunds, rocky areas and crevices. Prefers little shade.
11.	*Asparagus racemosus*	Climber. Open places with hedges. Partial shade. Avoid hard soil.
12.	*Bacopa monnieri*	Marshy land.
13.	*Centella asiatica*	Along waterways and on damp soil. Also red soils. Avoid black soil.
14.	*Hemidesmus indicus*	Open spaces. Sandy, loamy soil.
15.	*Ipomoea mauritiana*	Tuber, loose, loamy soil.
16.	*Piper longum*	Red to laterite soil. 80% shade. Avoid open places.
17.	*Tinospora cordifolia*	Climber. Grows singly or with Pongamia, Acacia or Zizyphus trees.

HOW TO GROW MEDICINAL PLANTS

▲ Justicia adhatoda
वासा
ஆடாதோடை
ಆಡುಸೋಗೆ
ആടലോടകം

Azadirachta
निम्ब:
வேம்
ಬೇವು
വേപ്പ്

▶ Embelia ribes
विडङ्गः
விளங்கம்
ವಾಯುವಿಳಂಗ
വിഴാലരി

Propagation Techniques of plants used in common ailments

Botanical Sanskrit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Azadirachta indica *S:Nimba* *K:Bevu* *T:Vembu* *M:Veppu*	FL:Mar-May FR:Jul-Aug	July-Aug	Seed	Fresh seeds are washed, depulped, and sown in polybags.	10-20	Jul-Aug	One year	80
Justicia adhatoda *S:Vaasa* *K:Adusoge* *T:Adathodai* *M:Adalodakam*	FL: Jan-April		Cuttings	Semi-hard cuttings of pencil thickness having 3-4 nodes are planted in polybags.	10-15	Apr-Jun	One month	90
Embelia ribes *S:Vidanga* *K:Vaayu vidanga* *T:Vivilangam* *M:Vizhalari*	FL: Feb-Mar FR: Mar-Jun	March-April	Seed	Fresh seeds are sown in raised beds.	20-25	-	Two months	50

Hibiscus rosa-sinensis
जपा
செம்பருத்தி
ದಾಸವಾಳ
ചെമ്പരുത്തി, ചെമ്പരത്തി

Lawsonia i
मदयन्ति
மருதா
ಗೋರಂ
മയിലാ

Holarrhena pubescens
कुटजः
கருப்பாலை
ಬೆಪ್ಪಾಲೆ
കുടകപ്പാല

Propagation Techniques of plants used in common ailments

Botanical Sanskrit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Hibiscus rosa-sinensis S:Japapuspa K:Dasavala T:Semparuthi M:Chemparuthi	FL: All year	-	Cuttings	Semi-hard cuttings of pencil thickness are planted in polybags.	10-15	-	-	70
Holarrhena pubescens S:Kutaja K:Kodasaga T:Erukkalaipalai M:Kudakappaala	Fl:Apr-May & Aug-Sep Fr:Jun-Jul & Feb-Mar	Jan-Mar	Seed	Fresh seeds are tied in cloth bags and soaked in cold water for 24 hrs and then sown in polybags.	7-10	Feb-Mar	One year	80
Lawsonia inermis S:Madayantikaa K:Goranti T:Maruthani M:Mayilanchi	FL: Dec FR: Dec	-	Cuttings	Pencil-size semi-hard cuttings are planted in polybags.	10-14	-	-	-

▲ Punica granatum
दाडिमः
மாதுளம்
ದಾಳಿಂಬೆ
മാതളം, ഉറുമാമ്പഴം

Withania so
अश्वगन्धा
அமுக்குரா
ಒರೆ ಮದ್ದಿನ ಗಿಡ
അമുക്കുരം

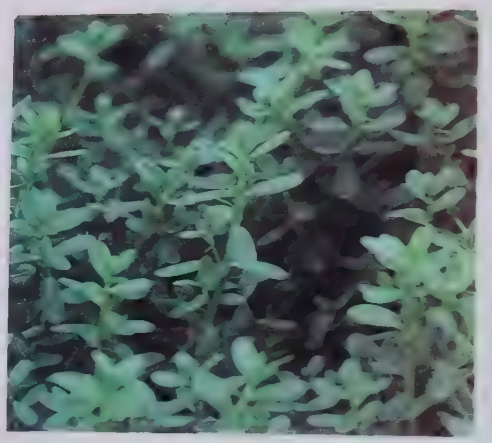
▶ Leptadenia reticulata
जीवन्ती
பாலைக்கொடி
ಸಿಹಿ ಹಾಲೆ
അടപതിയൻ കിഴങ്ങ്

Propagation Techniques of plants used in common ailments

Botanical Name Sanskit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Leptadenia reticulata S:Jivanti K:Palatheege balli Sihi Hale T:Palaikkodi M:Adapathiyan-kizhangu	FL:July-Sep FR:Feb-Mar	-	Cuttings	Pencil-size cuttings are planted in polybags.	20	Nov.	-	80
Punica granatum S:Dadima K:Dalimbe T:Mathulam M:Mathalam	FL:Jan-Feb,Jun - Jul,Sep-Oct FR:Mar-Apr, Aug & Nov	-	Seed	Fresh seeds are cleaned till the edible pulp is removed and mixed with ash, dried for one day in the sun and sown in polybags.	10-15	Aug.-Dec.	3 to 4 Months	80
Withania somnifera S:Asvagandha K:Hiremaddina-gidda T:Amukkura M:Amukkuram	FL:Dec-Apr FR:Dec-Apr	Oct-Jan	Seed	Seeds are dried in sunlight, washed till the mucilage is removed, soaked in cold water for 24 hrs and sown in sunken beds.	25-30	Oct-Jan	2 months	80

COMMUNITY HEALTH
LIBRARY
AND

Asparagus racemosus
शतावरी
தண்டுத்துக்கொடி
ಮಜ್ಜಿಗ ಗಡ್ಡ
ശതാവരി



Bacopa mon
ब्रह्मी
நீர்பிரம்மி
నీరబ్రాహ్మి
ಬ್ರಹ್ಮಿ

Aloe barbadensis
कुमारी
கத்தாழை
ಲೋಳರ
കറ്റാർവാഴ

Propagation Techniques of plants used in common ailments

Botanical Name Sanskrit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Aloe barbadensis S:Kumaari K:Lole sara T:Kathalai M:Kattarvazha	FL:Oct-Jan FR:	-	Root Sucker	Root suckers are transplanted in polybags or beds.	-	Jun-Aug	-	100
Asparagus racemosus S:Satavari K:Majjige balli T:Kadamulam M:Satavari	FL:Dec-Apr FR:Jan-Mar	Feb-Apr	Seed	Seeds are dried in the sun, soaked for 2 days in water and then sown in polybags or beds.	15-20	Jun-Jul	2 or 3 months	80
Bacopa monnieri S:Brahmi K:Neeru brahmi T:Neerbrahmi M:Brahmi	FL:All year FR:All year	-	Plantlets	Plantlets are separated and planted directly in beds. Frequent watering is essential	10 days	June-July	-	90

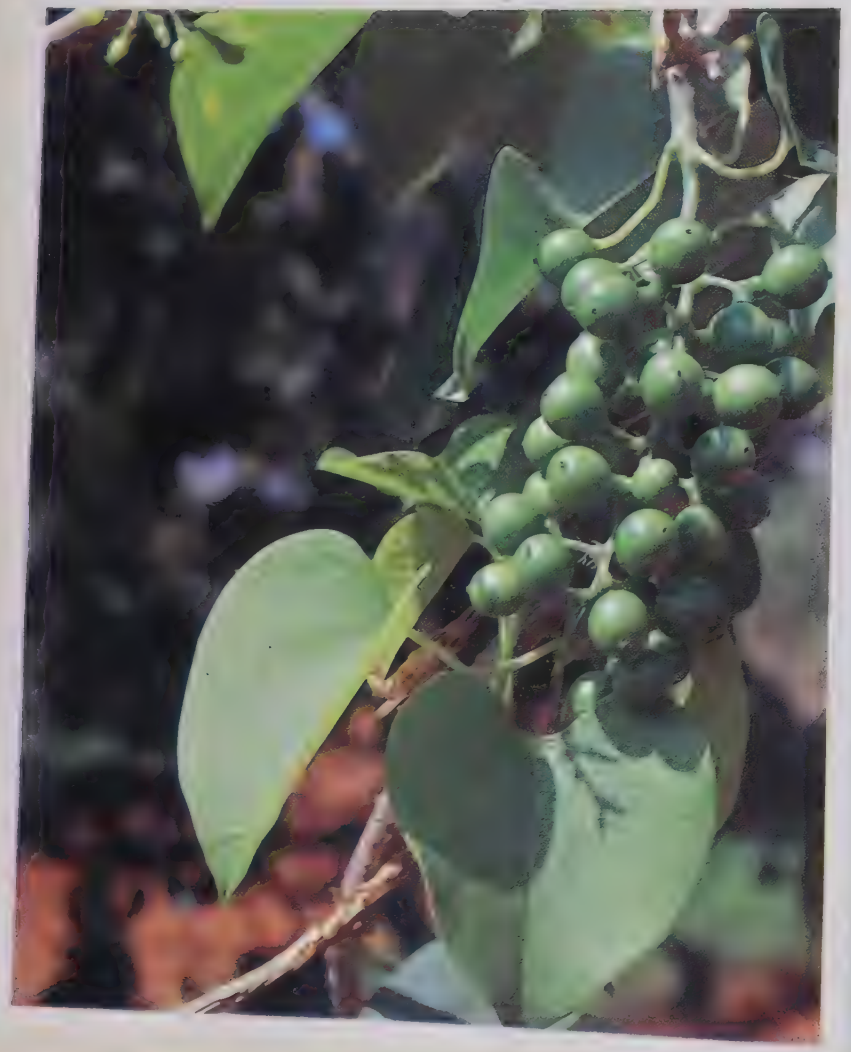
Ipomoea mauritiana
विदारी
பால்முடங்கி
ಭೂಮಿಚಕ್ರ ಗಡ್ಡ
പാൽമുതക്കിൻ കിഴങ്ങ്, പാൽമുതുക്കിൻ കിഴങ്ങ്

Centella asiatica
मण्डूकपर्णी
வல்லாரை
ಮಂಡೂಕ ಪರ್ಣ
കുടങ്ങൽ, മുത്തിൾ

Hemidesmu
शारिवा
நன்னாரி
ಕರಿಬಂದ
നന്നാറി

Propagation Techniques of plants used in common ailments

Botanical Name Sanskrit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Centella asiatica *S:Mandukaparni* *K:Ili kivi gida* *T:Vallarai* *M:Kudangal*	FL:All year FR:All year	-	Stem cuttings	Stem cuttings with 4-6 nodes are planted in beds or polybags.	7-10	-	-	100
Hemidesmus indicus *S:Sariva* *K:Sogade beru* *T:Nannari* *M:Nannari*	FL:All year FR:All year	Oct-Nov	Seed	The ripe fruits are collected before they dehisce, the seeds are separated, soaked in water for 24hrs and sown in raised beds.	10-15	-	Two Months	60
Ipomoea mauritiana *S:Vidari* *K:Bhumichakri-gadde* *T:Palmudangi* *M:Palmutakkin-kizhangu*	FL:June-July & Nov.-Dec. FR:July & Dec.	-	Seed/Cuttings	(i)Seeds:Direct sowing of seeds. (ii)Cuttings:Semi hard cuttings of pencil thickness with 2 nodes are planted in polybags at a slant inside the soil mixture.	10-15 20	Dec-Jan	One to Two months	50-60 80



Tinospora cordifolia
गुडूची
சிந்தில்
అమృత బళ్ళి
ചിറ്റമൃത്

Hibiscus ros
जपा
செம்பருத்தி
దాసవాళ
ചെമ്പരുത്തി,

Piper longum
पिप्पली
திப்பிலி
తిప్పలి
തിപ്പലി

Propagation Techniques of plants used in common ailments

Botanical Name Sanskrit/ Kannada/Tamil/ Malayalam Names	Fl. & Fr. Season	Seed Collection Season	Part Used for Propagation	Nursery Technique	Germination / Sprouting period (days)	Best Season for Sowing/ Planting	Duration of Nursery	Germination/ Sprouting Percent
Piper longum *S:Pippali* *K:Tippali balli* *T:Thippili* *M:Tippali*	FL:Oct.-Nov. FR:Dec.-March	-	Cuttings	Semi-hard cuttings having 5-6 nodes are planted in polybags with two nodes inside the soil mixture.	15-20	-	-	80-90
Tinospora cordifolia *S:Guduchi* *K:Amrutha balli* *T:Sindhil* *M:Chittamruthu*	FL:Nov-May FR:Nov-May	-	Seed/ Cuttings	(i)Seed:Fresh seeds are sown in polybags. (ii)Cuttings:Semi hard cuttings of pencil thickness with 4-8 nodes are planted in polybags at a slant with two nodes inside the soil mixture.	10-15 20	May-Jul	One Month	50-60 100

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Prepared by N. Chandrashekhara Murthy I.F.S. & M.M. Nissar

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By TBGRI & LSPSS

Report on Propagation Methods of Medicinal Plants
by T.K. Sriram and Rajeev Khedkar, ADS.

Technology of Forest Nurseries by A.N. Chaturvedi

Appendix

MPCA , MPCP Nurseries And Contact Persons

Tamil Nadu

KANYAKUMARI DIST.
PECHIPARAI MPCA
Range Forest Officer
Kulasekaram Range, Main Rd. Kulasekaram
Pin 629 163
Ph. (04655) 429

TIRUNELVELI KOTTABOMMAN DIST.
MUNDANTHURAI MPCA
Range Forest Officer,
Papanasam Project P.O.,
Ambasamudram Taluk, (V.K. Puram)
Ph: 388

COURTALLAM (Kuttalam) MPCA
Range Forest Officer,
Courtallam Range,
Shencottah
Ph : 33328 P.P

KAMARAJAR DIST.
THANIPARAI MPCA
Range Forest Officer,
Watrap Range, Watrap,
Srivilliputhur Taluk.

MADURAI DIST.
ALAGARKOVIL MPCA
Range Forest Officer,
Alagarkovil Forest Range,
Alagarkovil, Madurai 624 007

DINDIGUL ANNA DIST.
KODAIKANAL MPCA
Range Forest Officer,
Berijam Forest Range,
Berijam via Kodaikanal.

NAGAPATTINAM QAID-E-MILLATH DIST.
KODIKKARAI MPCA
Range Forest Officer,
Vedaranyam Range,
Vedaranyam - 614 810

COIMBATORE DIST.
TOPSLIP MPCA
Range Forest Officer,
Ulandy Range,
Topslip - 642 141,
Ph: 241 - Sethumadai.

SALEM DIST.
KOLLI HILLS MPCA
Range Forest Officer,

Namakkal Forest Range,
Namakkal Taluk 637 001

VILUPPURAM-RAMASAMY-PADAYATCHIYAR DIST.
KURUMBARAM (Marakkanam) MPCA
Range Forest Officer
Minor Port Range, No.5 Kalima Manson
Pudhupalayam Main Road,
Cuddalore NT - 670 001

TIRUVANNAMALAI - SAMBUVARAYAR DIST.
THENMALAI MPCA
Range Forest Officer,
Chengam Range, P O Chengam 606 701

SOUTH ARCOT DIST.
AUROVILLE MPCP
Auroville Action Group
Shakti, Auroville - 605 101, Tamil Nadu

TIRUCHI DIST.
ANTHYODHAYA SANGH MPCP
Executive Chairman,
P.B. No. 216, 7-A,
Mission Hospital Rd., Woraiyur,
Tiruchirapalli - 3, Tamil Nadu
Ph: 0431-28443

DINDIGUL ANNA DIST.
CSSR MPCP
Director,
Centre for Social Service and Research,
Administrative Office,
Hanumantharayan Kottai,
Dindigul - 624 054, Tamil Nadu
Ph: 0451-31845

DHARMAPURI DIST.
READS MPCP
Director,
READS, No.32-A, Denkanikottai Road,
Balathotanapalli Post, Tamil Nadu-635 107
Ph: 0434-6269

MADURAI DIST.
CCD MPCP
Executive Director
The Covenant Centre for Development
38, T.P.M. Nagar, Virattipathu
Madurai-625010,TamilNadu
Ph:0452-85457/604082

Kerala

THIRUVANANTHAPURAM DIST.
AGASTIARMALAI MPCA
Range Forest Officer
Peppara Wildlife Sanctuary
Peppara Dam.

PATTANAMTHITTA DIST.
TRIVENI MPCA
Range Forest Officer
Goodrical Range, Angamoozhy
P.O. 689 643
Ph: (047351) 7558

IDUKKI DIST.
ERAVIKULAM MPCA
Range Forest Officer
Idukki Wildlife Division
Dist. Idukki - 685 603
Ph:(04863) 52271

THRISSUR DIST.
PEECHI MPCA
Range Forest Officer
Dist. Peechi Range
Thrissur - 680 003

ATHIRAPALLI MPCA
Range Forest Officer
Charpa Range
Vazhachal, Via. Chalakudy,
P.O. Poringalkutlu.

PALAKKAD DIST.
SILENT VALLEY MPCA
Assistant Wildlife Warden
Silent Valley National Park
Mukkali P.O. - 678 587
Ph: 53225

WYANAD DIST.
WYANAD MPCA
Range Forest Officer,
Peria Range,
Mattilayam Post, 670 731, Niravilpuzha (Via)
Mananthavady 670 645

PALAKKAD DIST.
KANJIKODE MPCP
AVP Factory Campus
Kanjikode, Palakkad, Kerala
Ph.: 0491-66222

IDUKKI DIST.
PEERMADE MPCP
Peermade Development Society
P.B. No.11, Peermade, Idukki - 685 531, Kerala

THIRUVANANTHAPURAM DIST.
TBGRI MPCP
Director, Tropical Botanical Garden &
Research Institute, Karimancode, Pacha Palode P.O.,
Thiruvananthapuram - 696 562, Kerala

WYANAD DIST.
WYANAD MPCP
Wynad Social Service Society
P.B. No.16, Mananthawady,
Wyanad - 670 645, Kerala

Karnataka

MYSORE DIST.
B.R.T. MPCA
Range Forest Officer
B.R.T. Wildlife Range,
Yelandur - 571 414.

KODAGU DIST.
TALACAUVERY MPCA
Range Forest Officer,
Bhagamandala Forest Range,
Madikeri taluk, 571 247
Ph. 3215, (Bhagamandala)

BANGALORE RURAL DIST.
SAVANADURGA MPCA
Range Forest Officer
Magadi Range, Magadi - 562 120.
Ph. P.P.5376 (Magadi)

DAKSHINA KANNADA DIST.

SUBRAHMANYA MPCA

Range Forest officer,
Subrahmanya Range,
Subrahmanya Post 574028, Sullia Taluk
Ph:81259 (STD 08257)

CHARMADI MPCA

Range Forest Officer,
Belthangady Range,
Belthangady Post - 574214, Belthangady Taluk
Ph: 22146 (STD 08256)

TUMKUR DIST.

DEVARAYANADURGA MPCA

Range Forest Officer
Tumkur Range
Kunigal Road,
Near Banashankari Temple,
Tumkur 572 102.
Ph: 78407 (Off)

CHIKKAMAGALUR DIST.

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Range Forest Officer,
Wildlife Unit,
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KEMMANGUNDI MPCA

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Tarikere
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SHIMOGA DIST.

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UTTARA KANNADA DIST.

DEVIMANE MPCA

Range Forest Officer,
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BELLARY DIST

SANDUR MPCA

Range Forest Officer,
Sandur Range, Sandur 583 119
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BIDAR DIST.

KARPAKAPALLI MPCA

Range Forest Officer,
Bidar Sub-Division,
Humnabad

MYSORE DIST.

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ABOUT FRLHT

The Foundation for Revitalisation of Local Health Traditions is a non-governmental organisation which was launched to save and build upon India's traditional medical legacy. This is a legacy that is part of a rich, 3,000-year-old culture which is perhaps the oldest unbroken medical tradition in the world.

In an effort to refocus attention on our ethnomedical heritage, one of the programs that FRLHT has embarked on is that of conservation as well as sustainable use of medicinal plants, especially in the area of primary health care.

In the area of conservation, 30 medicinal plants conservation areas and 18 ethnobotanical conservation parks are being set up in Karnataka, Kerala and Tamil Nadu states of South India with the help of state forest departments, research institutes, universities, non-governmental organisations and others. This is the first such conservation effort in the country that concentrates on plants rather than wildlife and is perhaps the most comprehensive conservation effort in post-Independence India.

Our initiative in boosting the use of medicinal plants in primary health care involves promoting a nursery network to raise medicinal plants and encouraging the public to avail the economical and toxicity-free benefits of "Green Health", or using plants that heal.

If FRLHT's people-oriented efforts are to succeed, we need the commitment and support of the public as well as their willingness to turn to medicinal plants as the most practical primary health care self-help system for a country like India.

The Foundation's thrust areas include establishing a computerised information network on medicinal plants and natural products; promoting the utilisation of traditional medicine in rural and urban areas; fostering understanding about the theoretical foundations and epistemology of traditional knowledge systems, and establishing cooperative links with other traditional medical systems of the world.

OTHER GREEN HEALTH PUBLICATIONS

An User's Guide to Medicinal Plants for Primary Health Care; Neem - Free No More; Directory of Medicinal Plants Sources in South India, and the Green Health Brochure.